



Non Warrior Games Sitting Volleyball

Sitting volleyball is generally an indoor event. Playing sitting volleyball can be beneficial to Soldiers who have stable Upper Body, Lower Body, Back Injuries, Behavioral Health, PTSD and Traumatic Brain Injuries. Your Adaptive Reconditioning Team will screen each Soldier for participation in sitting volleyball.

Event resourced- The AR Team at each WTU is responsible for procuring volleyballs and proper sitting volleyball net. They will work with your MWR. Sitting volleyball players, Adaptive Reconditioning Team Member and NCO

Equipment needed- volleyballs, measuring tape, scorebook, colored removable floor tape and sitting volleyball net w/poles.

Soldier brings- appropriate loose clothing, lots of energy and water

Environmental factors- none

Organize this event at- On-post: MWR gym Off-post: local gym, YMCA or field house

*Costs may be associated

ABSOLUTE contraindications- severe back pain, severe balance issues, open wounds on lower extremity, recent surgeries

Modifications- sitting volleyball can be modified by making slight modifications to the rules; modifications such as allowing players to strike the ball more than once consecutively, expanding the width/length of the court, allowing more players on each team, no spiking, or other slight modifications.

Associated RISKS- the most significant risk associated with sitting volleyball would be floor burns or bruises to the lower extremities. Hand injuries may occur from "setting" the ball. Proper clothing and training can assist in mitigating these injuries.

Domains addressed- social, physical, emotional and maybe spiritual; depending on the Soldier.